

October 2022



Mon	Tue	Wed	Thu	Fri
3 Mac & Cheese, Peas Tomatoes, Fruit Bread, Milk	4 Meatloaf Mashed Potatoes Carrot Sticks Fruit, Bread, Milk	5 Pizza Bagels, Salad Green Beans Fruit, Milk	6 Tuna Salad, Rice Celery Sticks Mixed Vegetables Fruit, Bread, Milk	7 Spaghetti Hot Carrots Cucumbers Fruit, Bread, Milk
10 School Closed	11 Goulash, Broccoli Carrot Sticks Fruit, Bread, Milk	12 Sloppy Joe's Tater Tots Green Beans, Fruit Milk	13 Chicken Nuggets Rice, Broccoli Fruit, Bread, Milk	14 Fettuccine Tomatoes Hot Carrots Fruit, Bread, Milk
17 Baked Chicken Mashed Potatoes Hot Carrots Fruit, Bread, Milk	18 Scrambled Eggs Tater Tots Carrot Sticks, Fruit Bread, Milk	19 Grilled Cheese Tomato Soup Cucumbers, Fruit Milk	20 Beef Taco Rolls Mixed Vegetables Rice, Fruit, Milk	21 Lasagna, Peas Carrot Sticks Fruit, Bread, Milk
24 Fish Sticks, Rice Mixed Vegetables Celery Sticks, Fruit Bread, Milk	25 Chili with Oyster Crackers, Salad Green Beans Fruit, Bread, Milk	26 Meatballs Buttered Noodles Hot Carrots Fruit, Bread, Milk	27 Chicken Soup Cucumbers, Fruit Bread, Milk	28 Turkey with Gravy Mashed Potatoes Tomatoes, Fruit Bread, Milk
31 Pork Roast with Gravy, Mashed Potatoes, Fruit, Bread, Milk				